

FY2015 CHNA&HIP Progress Report

Pocahontas County

Community Health Improvement Plan

| GOAL | Strategies | Progress on Strategies |
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| Lower the number of strokes, coronary heart disease, and general obesity to a level within 10% of our peer counties average. | Ability of media sources (Newspaper, ISU Extension, Public Health, Websites, Library, Grocery Stores) using a campaign slogan such as "Know Your Numbers". I.E.: Blood pressure, blood glucose, and healthy weight AFFECT People's Behaviors. | The Pocahontas County Health Department continued to use the website to post information for the public. Brochures were left in public areas. Teaching was done at meal sites in Fonda, Pocahontas, and Laurens. Continued blood pressure screenings at meal sites in Laurens, Fonda, and Pocahontas. Information sheets were handed out on sodium, exercise, and factors that you can and can't control. |
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| Community Health Status Indicators show that Pocahontas County far outpaces its peer counties in areas such as stroke, obesity, and coronary heart disease. It follows then, that the demand for trained direct care and support workers will be high for the foreseeable future. Home Care and Home Health aides will be particularly critical to our county. | In order to enhance aide retention, an active mentoring program for direct care professionals is a good first step. Mentoring will enhance professionalism, help retention and ultimately increase quality of care. Mentor each new direct care professional for two days during orientation. | The retention remained high for direct care workers due to good wages for them. Continued to have bi-yearly training and information given to them. Mentoring was done by the nurses and home care professionals. Continue to provide training and support. |
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| Raise awareness and education of mental wellness services currently available in Pocahontas County. | Get brochures out to public places, bathroom stalls, service providers, church bulletins, meal sites, and to anyone dealing with clients on one to one basis. Also use newspapers and websites to share information. | Brochures remain in may public places. Information and the hotline number was in the Laurens and the Pocahontas newspapers and is provided on the Pocahontas County Health Department website. Local hospital now provides tele health scheduled appointments in County. Doctors have local appointments now also. Local churches and phone numbers are listed in the local newspapers. Grief support meets at the hospital. Domestic abuse phone numbers are in public places. |
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| To reduce the unintentional injuries in Pocahontas County by 2% by 2015. | 1) Continue with Hunters Safety Course | Safety programs are in place and continue to be offered. ISU Extension offers grain safety, water quality training, farm field safety, pesticide and manure training. They also offer food and preservation training, babysitting training, a children's program, safety with children, herbs and gardening with children. |
| | 2) Continue Farm Safety programs in the Schools. | The Pocahontas and Laurens meal sites have an exercise program 3 times a week. Arlington Place has an exercise program 3 times a week. There is walking at the Expo Center 8-9 months of the year. |
| | 3) Continue the Matter of Balance Program for the Elderly at the meal sites through Elderbridge Agency on Aging. | We will continue to provide fall prevention information at meal sites. |
| | 4) Provide fall prevention strategy information at the meal sites. | New balance and strengthening exercises being offered 3x week at meal sites and assisted living. |
| | 5) Provide a checklist at daycares, preschools, AEA, libraries, WIC, and Family Foundations to hand out to families to help protect their surroundings of potential hazards. | |
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